Using Inhalants even

one time

Using inhalants even one time can put you at risk for: poisoning sudden death-your heart stops suffocation-you don't get enough oxygen burns from fire and explosions choking on vomit

Resources:

For immediate medical help, call 911 or your local emergency number.

On the Internet:

Massachusetts Inhalant Abuse Task Force

http://www.state.ma.us/dph/inhalant email:

information@CASPARyouth.org

For a referral to a local prevention center or treatment program:

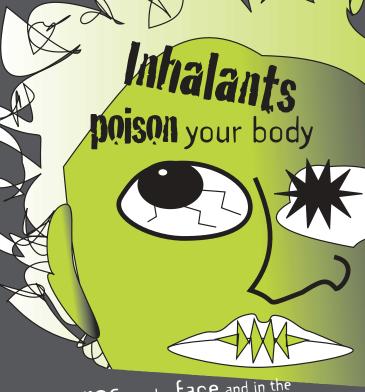
Massachusetts Substance Abuse Information and Education Helpline 617-445-1500 800-327-5050

Massachusetts Inhalant Abuse Task Force at CASPAR

162 Highland Ave. Somerville, MA 02143 617-623-2080 information@CASPARyouth.org

For information about poisons and pollutants:

Massachusetts Poison Control Center 617-232-2120 1-800-682-9211



SORES on the face and in the

mouth _{and} nose liver, lung and kidney damage

problems with seeing, hearing, feeling and balance

nausea and nosebleeds
damage to the brain and
destroy memory, thinking)

nerves (can destroy memory, thinking)



A Campaign to Prevent Inhalant Abuse

Bureau of Substance Abuse Services Massachusetts Department of Public Health

What are inhalants?

Inhalants are gases and vapors from products used in homes, offices and schools that are inhaled. Because they get into your lungs and blood so quickly and because they are toxins and pollutants, they can damage all parts of your body. When people use inhalants like drugs, they are really poisoning themselves.

Questions and newers About Inhalants

? Are inhalants addictive?

Over time, inhalant abusers need more and more to get the same effect. This increases the damage that these poisons do to the brain, nerves, lungs, liver, and kidneys. Inhalant abusers may find it hard to be without inhalants-they become addicted. When they try to stop using it, they get headaches, chills, seizures and stomach cramps.

? Since inhalants are found in household products, aren't they safe?

So. Even though household, school, and shop products have useful purposes, when they are used as inhalants they are harmful and dangerous. These products are not intended to be inhaled.

Poesn't it take many "huffs" before you're in danger?

Or the 10th. Or the 100th. Even if you have huffed before, there is no way to know how the next huff will affect you.

What can you do to help someone who is using inhalants?

Be a friend. Help save a life.

If you or someone you know has been using inhalants, ask for help. Talk to a school counselor or nurse, a friend, or a parent.

Call the Massachusetts Helpline at 617-445-1500 in Metro Boston or 800-327-5050 to get hooked up with a counselor near you.



Don't pollute your body with Chemicals.